

AGENDA

FITNESS CENTER ADVISORY COMMITTEE

REGULAR MEETING

WEDNESDAY, JANUARY 9, 2019 AT 9:30 A.M.
FAIRWAY ROOM AT CREEKSIDE CLUBHOUSE

1. MEETING CALLED TO ORDER: Claudia Tierney, Chairman
2. ROLL CALL: Tierney, Herdering, Howard, Grizzell, King, Rapp, Remington, and Pyle, ex-officio member
3. APPROVAL OF REPORT OF NOVEMBER 14, 2018 (Attachment)
4. CHAIRMAN'S REPORT
5. CORRESPONDENCE AND ANNOUNCEMENTS
6. STAFF REPORTS
 - a. Report by Mark Metcalf, Fitness Center Manager
7. SUB-COMMITTEE REPORTS
 - a. Publicity
8. RESIDENTS' FORUM

FCAC will follow Rossmoor custom and limit comments to 3 minutes.
9. UNFINISHED BUSINESS
 - a. Review results of the trial period for playing music in the Fitness Center. (Attachment)
10. NEW BUSINESS
11. ADJOURNMENT
12. NEXT MEETING: Wednesday, February 13, 2019, at 9:30 a.m. in the Board Room at Gateway Complex.

CT/dr
cc: GRF Board

FITNESS CENTER ADVISORY COMMITTEE REPORT

REGULAR MEETING

WEDNESDAY, NOVEMBER 14, 2018, AT 9:30 A.M.

A regular meeting of the Fitness Center Advisory Committee (FCAC) was called to order by the Chairman, Claudia Tierney, at 9:30 a.m. on Wednesday, November 14, 2018, in the Board Room at Gateway Complex.

Present, in addition to the Chairman, were Catherine S. Herdering, Vice Chairman, Charlotte A. Howard, Secretary, James V. Grizzell, Alice King, Virginia Lee Rapp, Robert Remington, and Geraldine Pyle, ex-officio member and GRB representative. Also attending were Robert D. Kelso, President, and Kenneth Anderson, Director, GRF; Timothy O'Keefe, CEO; Jeffrey P. Matheson, Director of Resident Services; and Mark Metcalf, Regional Operations Manager of Active Wellness.

Attendance

The report of the Committee's regular meeting of October 10, 2018, was approved with one correction. In the last paragraph on page 3-1 instead of "full-time fitness trainer," it should read "full-time floor staff." The report will be revised to reflect the correction.

Report
Approved

There were no Resident Forum speakers.

Residents'
Forum

The Chairman reported that there were 20,761 visits to the Fitness Center during the month of October 2018.

Chairman's
Report

Mr. Metcalfe reported that window tinting had been added to the Aerobics Studio and a new speed bag had been installed. He reported that the website is now available to residents for registration or making payment for Pilates classes. Regarding staff, he reported that Michele Arvizu is currently on leave and Kathleen Lamport was presented with a plaque for 25 years of service.

Staff
Reports

Discussion was held regarding Guest Usage Policy 304.1 related to guests visiting a member who is physically unable to accompany the guest to the facility. The current Policy is that the resident must accompany a guest to the facility.

Policy 304.1
Guest
Usage
Policy

A motion was made Ms. King, seconded by Ms. Rapp, and CARRIED UNANIMOUSLY to recommend to the Policy Committee that any consideration for allowing an exception should take place only at the Tice Creek Fitness Center. This is because of the staffing at the front desk. Residents should be required to provide a doctor's note stating they are physically unable to accompany a guest. Permission for an exception should be 60 days and can be renewed with a letter remaining on file.

A discussion was held regarding having music played in the Fitness Center. The current policy is to play music only in the entry. A survey was done over several weeks with 140 residents responding. 70.7% of the residents preferred having music. 66% of residents preferred music remix from the 50s through the 70s.

Playing
Music in the
Fitness
Center

A motion was made by Ms. Rapp, seconded by Ms. Herdering, and CARRIED UNANIMOUSLY to play remix music from the 50s, 60s, and 70s with a 60-day trial and a follow-up survey in 60 days.

The Chairman adjourned the meeting at 10:15 a.m.

The next regular meeting of the FCAC will be held on Wednesday, January 9, 2018, at 9:30 a.m. in the Fairway Rooms at Creekside Complex.

Adjourn-
ment/
Next Mtg.
1/9/19

Claudia Tierney, Chairman
Fitness Center Advisory Committee

CH/dr

DRAFT

Meeting Date: January 9, 2019

**SUMMARY REPORT
GOLDEN RAIN FOUNDATION
FITNESS CENTER ADVISORY COMMITTEE**

REPORT PREPARED BY:

Jeff Matheson, Resident Services Director

REQUESTED ACTION/RECOMMENDATION:

Review results of the trial period for playing music in the Fitness Center.

BACKGROUND:

The FCAC received a letter suggesting the Committee allow music to be played through the house system in the main section of the Fitness Center. The letter recommended the FCAC conduct a survey to see if the majority of members would support music. The FCAC agreed to conduct a survey. An iPad with the survey was placed at the front desk for several weeks. A total of 140 responses were received with 70.7% indicating they were interested in music being played. During the November meeting, the FCAC agreed to a 60-day trial period for playing music and conducting a survey of how members liked the music.

Attached are the results of the survey collected over the past 60-day trial period. The survey shows that 55% of respondents prefer no music while 45% enjoy the music. The FCAC can end the trial or continue the trial period.

ALTERNATIVES AND OPTIONS:

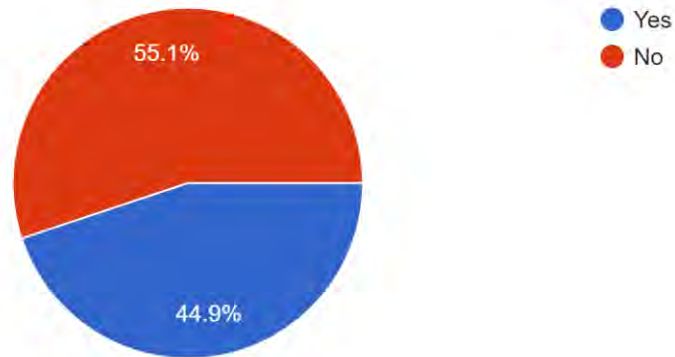
End the trial period or continue to play music.

ATTACHMENTS:

Survey results

Do you like music, in general, being played in the fitness center?

842 responses

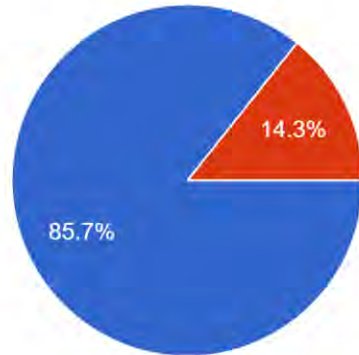


378 – DO like music being played

464 – DO NOT like music being played

Do you like the volume of the music being played?

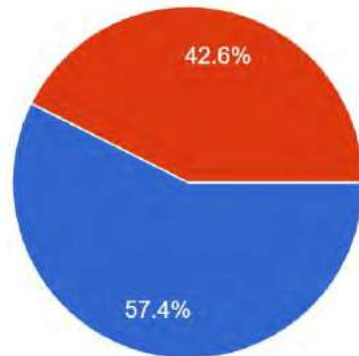
378 responses



- Yes
- No

Which do you prefer for the music volume?

54 responses



- Turn it up a little bit
- Turn it down a little bit

What music genre would you prefer

378 responses

